

**SPECIFICATION**

Please replace paragraph [0038] with the following amended paragraph:

[0038] While the peaks and valleys may be of varying heights and depths, the height of peaks **26**, or depth of valleys **28**, is generally uniform and ranges from about 0.5 mm to about 5 mm, preferably from about 1.5 mm to about 4 mm. The height of peaks **26** for one particular embodiment is 2.2 mm to 3.5 mm. **In another embodiment, the peaks have a height of at least 0.5 mm.** For examples where peaks or raised regions **26** are separated by valleys **28** provided in a rectilinear grid, such as the embodiments shown in **FIGS. 2-7**, the surface area of the individual peaks or raised regions ranges from about 9 mm<sup>2</sup> to about 250 mm<sup>2</sup>. For corrugated samples where peaks or raised regions **26** are provided as generally parallel continuous rows separated by valleys, such as those illustrated in **FIG. 8**, the surface area of peaks or raised regions **26** ranges from about 150 mm<sup>2</sup> to about 450 mm<sup>2</sup> (when measured for a section having a surface area of about 650 mm<sup>2</sup>).